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U.S. Total Water Intake Data
by Frequency of
Leisure Time Activity from the
Third National Health and
Nutrition Examination Survey,
1988–1994

TABLE H-1 Mean and Selected Percentiles for Usual Daily Intake of Total Water (g) by Frequency of Activity of Children: United States, NHANES III, 1988–1994

Frequency of Activity Sex/Age Category ^a	n	Mean	Percentile		
			1st	5th	10th
Less than once per week					
M, 8–16 y	35	2,205	1,173	1,386	1,517
Standard error		224	102	121	146
F, 8–16 y	106	1,965	875	1,050	1,165
Standard error		191	44	60	77
1–4 times per week					
M, 8–16 y	719	2,546	1,158	1,434	1,608
Standard error		62	36	40	44
F, 8–16 y	984	2,170	979	1,238	1,396
Standard error		57	36	35	37
5+ times per week					
M, 8–16 y	1,138	2,831	1,352	1,648	1,832
Standard error		72	52	54	60
F, 8–16 y	873	2,386	1,095	1,369	1,538
Standard error		60	41	42	45

^a M = male, F = female.

NOTE: Data are limited to individuals who provided a valid response to a question on usual plain drinking water intake, provided a complete and reliable 24-hour dietary recall, and provided at least one valid response to questions on participation in leisure time exercise or physical activities. Participants reported the frequency of walking, jogging or running, bicycling or using an exercise bike, swimming, aerobics or aerobic dancing, other dancing, calisthenics or exercises, garden or yard work, and lifting weights in the past month. Four open-ended questions regarding other exercises, sports, or physically active hobbies (not mentioned above) were asked. Females who were

25th	50th	75th	90th	95th	99th
1,770	2,113	2,539	3,011	3,339	4,064
197	250	287	311	332	430
1,409	1,783	2,318	2,988	3,499	4,743
115	171	248	347	429	655
1,948	2,414	2,999	3,650	4,107	5,132
51	59	79	125	172	306
1,690	2,066	2,529	3,066	3,459	4,369
43	53	71	100	126	201
2,193	2,688	3,311	4,010	4,501	5,602
77	63	90	114	187	631
1,862	2,291	2,806	3,356	3,728	4,532
51	60	75	96	114	165

pregnant, lactating, or had “blank but applicable” pregnancy or lactating status data or who responded “I don’t know” to questions on pregnancy or lactating status were excluded from the analysis. Total water intake reflects the sum of drinking water and the water content of all foods and beverages consumed.

DATA SOURCE: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994.

SOURCE: ENVIRON International Corporation (2002).

TABLE H-2 Mean and Selected Percentiles for Usual Daily Intake of Total Water (g) by Frequency of Leisure Time Activity of Individuals 17 Years of Age and Older—No Activity: United States, NHANES III, 1988–1994

Sex/Age Category ^a	n	Mean	Percentile		
			1st	5th	10th
M, 17–18 y	17	2,342	1,135	1,619	1,860
M, 19–30 y	208	3,343	1,424	1,799	2,037
Standard error		119	78	76	78
M, 31–50 y	385	3,608	2,098	2,457	2,667
Standard error		117	659	564	495
M, 51–70 y	335	3,332	1,466	1,879	2,130
Standard error		138	194	179	172
M, 71+ y	295	2,660	1,178	1,483	1,673
Standard error		91	52	50	51
F, 17–18 y	43	1,972	439	1,027	1,027
F, 19–30 y	387	2,682	1,367	1,661	1,838
Standard error		124	289	255	231
F, 31–50 y	671	2,693	1,010	1,333	1,540
Standard error		90	121	130	143
F, 51–70 y	580	2,943	1,177	1,545	1,775
Standard error		84	113	101	93
F, 71+ y	534	2,451	926	1,241	1,437
Standard error		51	77	68	63
P/L	128	2,873	1,349	1,736	1,962
Standard error		219	184	204	220
All individuals (non-P/L)	3,455	2,923	1,090	1,463	1,698
Standard error		38	50	43	42
All individuals, y (+P/L)	3,583	2,924	1,094	1,465	1,700
Standard error		37	58	43	44

^a M = male, F = female, P/L = pregnant and/or lactating.

NOTE: Data are limited to individuals who provided a valid response to a question on usual plain drinking water intake, provided a complete and reliable 24-hour dietary recall, and provided at least one valid response to questions on participation in leisure time exercise or physical activities. Participants reported the frequency of walking, jogging or running, bicycling or using an exercise bike, swimming, aerobics or aerobic dancing, other dancing, calisthenics or exercises, garden or yard work, and lifting weights in the past month. Four open-ended questions regarding other exercises, sports, or physically active hobbies (not mentioned above) were asked. Females who were

25th	50th	75th	90th	95th	99th
1,907	2,041	3,167	3,371	3,371	3,956
2,506	3,155	3,971	4,885	5,529	6,982
90	114	155	244	334	594
3,054	3,538	4,085	4,639	5,000	5,745
346	152	262	609	867	1,460
2,605	3,220	3,936	4,677	5,168	6,194
162	156	173	248	330	554
2,041	2,536	3,144	3,804	4,258	5,248
58	80	122	188	244	387
1,081	1,898	2,324	3,003	3,287	4,331
2,171	2,602	3,105	3,629	3,978	4,713
184	142	196	353	485	804
1,951	2,524	3,249	4,059	4,629	5,899
137	88	131	173	242	644
2,219	2,812	3,522	4,277	4,788	5,882
83	87	116	169	215	332
1,816	2,328	2,954	3,627	4,082	5,052
55	53	72	124	172	292
2,337	2,740	3,239	3,924	4,476	5,827
231	224	293	376	454	771
2,150	2,743	3,488	4,366	5,007	6,473
37	42	55	86	113	201
2,151	2,744	3,490	4,366	5,004	6,462
42	42	60	84	112	236

pregnant, lactating, or had “blank but applicable” pregnancy or lactating status data or who responded “I don’t know” to questions on pregnancy or lactating status were excluded from the analysis. Total water intake reflects the sum of drinking water and the water content of all foods and beverages consumed.

DATA SOURCE: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994.

SOURCE: ENVIRON International Corporation (2002).

TABLE H-3 Mean and Selected Percentiles for Usual Daily Intake of Total Water (g) by Frequency of Leisure Time Activity of Individuals 17 Years of Age and Older—Between 0 and 5 Occasions per Week: United States, NHANES III, 1988–1994

Sex/Age Category ^a	n	Mean	Percentile		
			1st	5th	10th
M, 17–18 y	92	3,635	1,094	1,626	1,963
Standard error		273	166	211	244
M, 19–30 y	722	3,982	1,893	2,290	2,540
Standard error		112	213	198	186
M, 31–50 y	1,093	3,774	1,560	1,996	2,271
Standard error		83	89	79	80
M, 51–70 y	792	3,529	1,746	2,132	2,367
Standard error		86	162	147	135
M, 71+ y	386	2,939	1,454	1,806	2,015
Standard error		73	97	88	83
F, 17–18 y	148	2,469	892	1,212	1,412
Standard error		118	158	125	106
F, 19–30 y	853	2,682	1,077	1,419	1,631
Standard error		48	109	101	94
F, 31–50 y	1,402	3,028	1,284	1,630	1,849
Standard error		49	65	57	52
F, 51–70 y	777	2,924	1,275	1,619	1,833
Standard error		63	58	57	58
F, 71+ y	390	2,558	1,162	1,475	1,663
Standard error		53	69	52	45
P/L	191	3,191	1,355	1,730	1,965
Standard error		171	94	101	112
All individuals (non-P/L)	6,655	3,266	1,283	1,681	1,932
Standard error		37	38	34	32
All individuals (+P/L)	6,846	3,265	1,292	1,689	1,939
Standard error		37	37	32	30

^a M = male, F = female, P/L = pregnant and/or lactating.

NOTE: Data are limited to individuals who provided a valid response to a question on usual plain drinking water intake, provided a complete and reliable 24-hour dietary recall, and provided at least one valid response to questions on participation in leisure time exercise or physical activities. Participants reported the frequency of walking, jogging or running, bicycling or using an exercise bike, swimming, aerobics or aerobic dancing, other dancing, calisthenics or exercises, garden or yard work, and lifting weights in the past month. Four open-ended questions regarding other exercises, sports or physically active hobbies (not mentioned above) were asked. Females who were pregnant, lactating, or had “blank but applicable” pregnancy or lactating status data or

25th	50th	75th	90th	95th	99th
2,613	3,470	4,479	5,522	6,211	7,641
300	334	319	299	336	570
3,038	3,744	4,663	5,723	6,486	8,232
157	118	156	330	490	922
2,812	3,559	4,501	5,550	6,284	7,911
82	74	107	179	254	490
2,815	3,403	4,105	4,850	5,354	6,432
112	89	114	198	272	454
2,399	2,877	3,410	3,942	4,284	4,983
76	76	94	134	169	258
1,802	2,334	2,991	3,703	4,187	5,217
94	119	158	214	269	426
2,038	2,573	3,207	3,872	4,316	5,258
75	49	67	138	199	349
2,278	2,867	3,599	4,410	4,978	6,248
43	40	59	103	143	251
2,245	2,796	3,463	4,179	4,668	5,724
62	67	77	114	156	275
2,018	2,475	3,009	3,560	3,924	4,680
42	55	75	101	124	184
2,422	3,039	3,793	4,611	5,173	6,401
141	176	214	292	377	626
2,415	3,060	3,868	4,834	5,567	7,318
30	37	42	85	115	285
2,420	3,063	3,865	4,821	5,545	7,270
28	34	41	77	111	242

who responded “I don’t know” to questions on pregnancy or lactating status were excluded from the analysis.

Frequency of activity per week was calculated from frequency of activity reported per month; the frequency reflects the sum of the frequencies calculated for each reported activity. Total water intake reflects the sum of drinking water and the water content of all foods and beverages consumed.

DATA SOURCE: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994.

SOURCE: ENVIRON International Corporation (2002).

TABLE H-4 Mean and Selected Percentiles for Usual Daily Intake of Total Water (g) by Frequency of Leisure Time Activity of Individuals 17 Years of Age and Older—5 or More Occasions per Week: United States, NHANES III, 1988–1994

Sex/Age Category ^a	<i>n</i>	Mean	Percentile		
			1st	5th	10th
M, 17–18 y	245	3,499	1,659	2,040	2,277
Standard error		177	583	524	471
M, 19–30 y	941	3,929	1,937	2,363	2,624
Standard error		78	253	225	203
M, 31–50 y	1,017	3,961	1,851	2,277	2,542
Standard error		84	117	110	104
M, 51–70 y	745	3,609	1,676	2,062	2,302
Standard error		92	71	67	66
M, 71+ y	505	3,165	1,614	1,945	2,148
Standard error		74	77	70	67
F, 17–18 y	157	2,863	1,021	1,412	1,655
Standard error		196	326	316	306
F, 19–30 y	644	3,089	1,044	1,462	1,725
Standard error		66	153	69	61
F, 31–50 y	832	3,355	1,396	1,796	2,046
Standard error		69	114	114	125
F, 51–70 y	645	3,162	1,444	1,858	2,108
Standard error		71	306	161	149
F, 71+ y	393	2,824	1,376	1,711	1,911
Standard error		48	156	136	121
P/L	97	3,681	1,497	2,090	2,427
Standard error		216	1,640	1,230	995
All individuals (non-P/L)	6,124	3,513	1,391	1,854	2,131
Standard error		36	35	31	30
All individuals (+P/L)	6,221	3,516	1,387	1,852	2,130
Standard error		36	36	34	33

^a M = male, F = female, P/L = pregnant and/or lactating.

NOTE: Data are limited to individuals who provided a valid response to a question on usual plain drinking water intake, provided a complete and reliable 24-hour dietary recall, and provided at least one valid response to questions on participation in leisure time exercise or physical activities. Participants reported the frequency of walking, jogging or running, bicycling or using an exercise bike, swimming, aerobics or aerobic dancing, other dancing, calisthenics or exercises, garden or yard work, and lifting weights in the past month. Four open-ended questions regarding other exercises, sports or physically active hobbies (not mentioned above) were asked. Females who were pregnant, lactating, or had “blank but applicable” pregnancy or lactating status data or

25th	50th	75th	90th	95th	99th
2,734	3,348	4,097	4,912	5,475	6,714
332	165	422	838	1,150	1,910
3,123	3,783	4,574	5,419	5,995	7,245
155	95	115	242	349	614
3,060	3,767	4,647	5,623	6,305	7,824
92	82	101	167	230	401
2,773	3,421	4,238	5,154	5,799	7,244
68	83	126	203	272	454
2,535	3,048	3,667	4,331	4,785	5,773
61	58	97	194	279	498
2,123	2,740	3,469	4,230	4,735	5,794
281	245	273	467	661	1,150
2,236	2,926	3,767	4,666	5,272	6,554
76	68	95	141	169	260
2,523	3,156	3,957	4,903	5,598	7,218
118	64	150	151	254	807
2,550	3,060	3,649	4,333	4,824	5,904
190	73	200	180	303	992
2,282	2,751	3,287	3,830	4,184	4,914
90	53	77	164	231	387
3,012	3,676	4,338	4,933	5,290	5,976
585	238	509	932	1,200	1,740
2,618	3,298	4,166	5,141	5,892	7,691
29	34	49	77	102	176
2,620	3,302	4,171	5,149	5,898	7,690
34	34	49	81	104	173

who responded "I don't know" to questions on pregnancy or lactating status were excluded from the analysis. Frequency of activity per week was calculated from frequency of activity reported per month; the frequency reflects the sum of the frequencies calculated for each reported activity.

Total water intake reflects the sum of drinking water and the water content of all foods and beverages consumed.

DATA SOURCE: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994.

SOURCE: ENVIRON International Corporation (2002).